

Newsletter

FAMILY & CONSUMER SCIENCES

Boyle County Homemakers



Kentucky Extension
Homemakers Association



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

March 2025

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Just a Note from your Agent

Spring is on it's WAY!!!! I'm going to manifest Spring to arrive. Greetings everyone! March is National Nutrition Month. One of my absolute favorites. What does good nutrition mean to you? For me, I enjoy trying to eat a variety of fruits and vegetables and drink

lots of water. Find ways this month to make healthy choices in honor of Nutrition Month. Maybe you'll pick up some healthy habits that last the whole year!

Alethea Bruzek
Boyle County Extension Agent
for Family and Consumer Sciences



Upcoming Programs & Events

- Executive Board Meeting- March 17th at 12pm at the Boyle County Extension Office
- County Council Meeting- March 17th at 1pm at the BCEO. All members are encouraged to attend.
- Leader Lesson Let's Play Pickleball- March 24th at 10am at the Mercer County Extension Office. See flyer for RSVP information. All are welcome to attend.
- Boyle County Cultural Arts Contest- March 25th check in is from 9:30am-10:45am at entrance B (the old front) in room 101. Please see Cultural Arts categories and rules for info on entries. For questions contact your FCS Agent OR Cultural Arts Chairperson Debra Caldwell at 859-583-4313.
- International Dinner "Breaking Bread, Making Friends" will be on March 25th at 6pm at the BCEO. Please RSVP to Rose Eberle at rosemeberle@gmail.com OR to Joyce Zinner at 859-583-5853 BY MARCH 4th.
- Scrapbooking Workday- April 15th at 10am at the BCEO. Bring all your club/county Homemaker photos, history and more to be preserved in scrapbook form. All are welcome!

Club & Chairperson News

Wilderness Trail-Once again it was wonderful to see you all at the February meeting, we had 15 in attendance (2 visitors, Janet and Laura). Thanks to Mary Elizabeth and Rita W. for the leader lesson, great information. Fellowship with lunch hosted by Clara and Becki was delicious with chicken salad sandwiches, chips, and fresh fruit salad, oatmeal raisin cookies and baklava. I think everyone enjoyed craft time with glass thumbprint heart magnets (harder than they look). They are a great Valentines keepsake. Craft Time at Morning Pointe the 4th Thursday of the month at 4:00 (Feb. 27) if you would like to come help out for a 30 min craft you are welcome. If you would like to do/hold the class for March please let Becki know (open to an Boyle County Homemaker). Betty Gayle will be sharing our "Helpful Hints/How Did you Do That?" for the March meeting. Also our table sale silent auction will be at the March meeting, so bring your good junk or baked goods...(no clothing) and your wallet. This is the yearly fundraiser for our club. March 24th we will meet 10:00a-12:00p in room 107 for meal prep for the International Dinner. Please RSVP by the 20th. "Start where you are, use what you have and do what you can." -Ashe

Club & Chairperson News

Lancaster Road-RADON IN KENTUCKY-The Lancaster Road Homemakers club will have Jerry Hensley at their March 5, 2025 meeting to speak about Radon in Kentucky. All Boyle County Homemakers are invited to come at 1:00 p.m. to the Extension office to learn about Radon in Kentucky. This is the Environment, Housing & Energy lesson that was chosen at the council meeting from the three that UK recommitted. My goal for the year is for us to learn all we can about Radon. The following: What is Radon; How to test for Radon in our homes; How does Radon effect our health. Hope you will attend March 5th at 1:00 p.m. -***Geraldine Dietrich***

Announcements

Management and Safety-Safe Medication Disposal-A drop box at a law enforcement agency or pharmacy is a great way to dispose of medication that is unused, not wanted or outdated. The drop box is accessible and is open when it is convenient. Medications will not be retrieved from trash bins. The community is safer. Fewer drugs on the streets. Drop boxes keep people from accidental overdose or poisoning. This also keeps drugs out of our water and soil. So let's use our medication disposal sites. Bluegrass Drug Store, CVS Pharmacy, Ephraim McDowell Outpatient Pharmacy, Medicine Shoppe Pharmacy, Boyle Co. Sheriff's Office, and Danville Police Dept. From: Flyer-Healtogetherky.org; NIH Health Initiative.-***Joyce Zinner***

- Boyle County Extension Homemaker members are allowed and encouraged to attend the council meetings. Please feel free to attend the council meeting to learn more about what's going on and how you can be more involved.
- Boyle County Cultural Arts Contest 2025 will be held at the BCEO. Entries need to be brought to the extension office between 9:30am and 10:45am on March 25th. Feel free to pick up a cultural arts pre contest packet BEFORE March 25th to get your tags, and information about the contest ahead of time. If you have any questions or anything please ask your FCS Agent or Cultural Arts Chairperson Debra Caldwell.
- Scholarship deadline is April 30, 2025. Please see the Scholarship Chairperson Betty Gale Williams for more information.

Craft Classes

- Beginner Crochet meets every Monday at 10am at the Boyle County Extension Office
- Knitting Group meets on alternating Mondays at 4:30pm at the BCEO

Volunteer Opportunities and Drives

- The Housing Authority of Danville is taking donations of personal hygiene products
- Mobile Food Pantry the third Friday of each month starting March 21st. Volunteers needed from 10am-2pm at the Boyle County Extension Office
- Start a walking group that promotes using the trails at the BCEO

"Around the Twist" Quilt Class



Turkey Stuffed Peppers

Servings: 8 Serving Size: 1 stuffed pepper Recipe Cost: \$10.23 Cost per serving: \$1.28



Ingredients:

- Nonstick cooking spray
- 4 medium bell peppers, halved, cored and seeds removed
- 2 teaspoons oil
- 1 small onion, chopped
- 1 pound ground turkey
- 2 teaspoons garlic powder
- 2 teaspoons cumin
- 2 teaspoons chili powder
- 1 cup black beans
- 1 cup salsa
- 1 cup brown rice, cooked
- 1/2 cup shredded Mexican blend or cheddar cheese

Directions:

1. Preheat oven to 375 degrees F.
2. Spray a 9×13 baking dish with nonstick spray. Place peppers in dish.
3. Heat oil in a large skillet and cook onions until translucent. Add turkey, garlic powder, cumin and chili powder. Let cook until turkey has browned.
4. Add black beans, salsa and rice to the skillet. Stir to combine.
5. Spoon mixture into each pepper half. Cover with foil and bake for 30 minutes. Uncover, sprinkle with cheese and bake for another 4-5 minutes.

Source: Adapted from What's Cooking? USDA Mixing Bowl

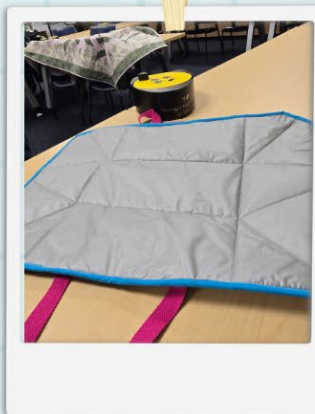
200 calories; 7g total fat; 2g saturated fat; 0g trans fat; 35mg cholesterol; 330mg sodium; 18g carbohydrate; 4g fi

IRON TOTE/MAT

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

INSTRUCTOR: NANCY LINDSAY

SATURDAY, MARCH 29TH
10:00 A.M.-1:00 P.M.



Join us for our newest sewing class! Learn to make a two-in-one iron tote/ironing mat. This class is for “confident” beginners or intermediate level ONLY. You must be able to operate your own sewing machine. Cost is \$25.00 per person and includes a kit with fabric. You MUST register via Eventbrite by scanning QR code below. When registering please list your favorite color for fabric purposes. Please register at least one week before class. Questions? Call (859) 236-4484.

SUPPLIES TO BRING:

Sewing Machine

Walking foot-
ONLY if you have one

Cotton thread
NOT polyester

Basic sewing notions



Scan QR code below to register!

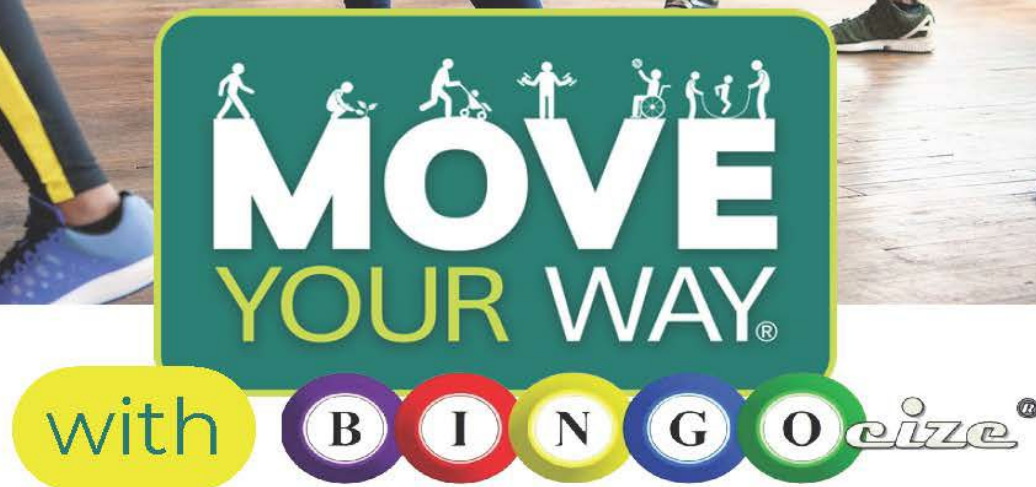
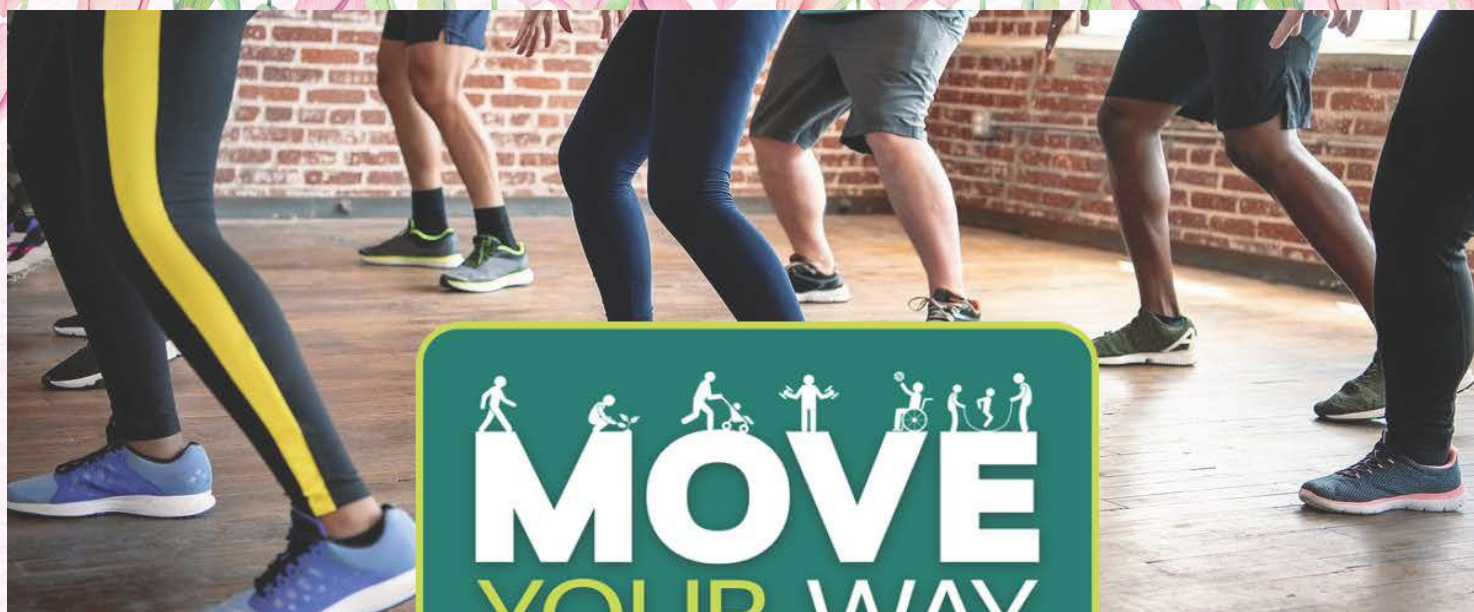


Limited slots! Reserve your spot today!

Cooperative
Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Educational programs of Kentucky's Cooperative Extension Service are available to all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, service status, physical or mental disability or receipt or refusal to accept or participate in prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties Cooperating.
Lexington, KY 40506





Exercise for Everybody

Learn about non-impact exercises to help improve balance, posture, muscular strength, and ability to perform daily living activities.

Date: April 24, 2025

Time: 10am

Location: Franklin Co. Extension Office

101 Lakeview Court, Frankfort KY

Please call (502) 695-9035 to register.

Registration deadline is April 17th.

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546

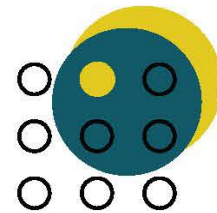


Disabilities
accommodated
with prior notification.



Homemakers Learn Pickleball

**Pickleball is fun and interactive for ALL ages
and a GREAT way to move your body! Join us for
a hands on explanation of how to play!**



Tara's leader lesson will be available as a video
on the Fort Harrod FCS YouTube OR you can
join her at the Mercer County Office on March
24th to learn how to play Pickleball HANDS
ON! **RSVP IS REQUIRED 859-734-4378**

3/24/2025

At 10.00AM

**Mercer County
Extension Office**
1007 Lexington Road, Harrodsburg

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. SEWING (Apparel & Home Decor)

- a. Basic Garment APPAREL
- b. Specialty¹ Garment APPAREL
- c. Accessory APPAREL
- d. Basic HOME DECOR
- e. Specialty¹ HOME DÉCOR

¹ b. and e. "Specialty" may include *appliqued and quilted*.

2. ART, 3-Dimensional

- a. Carving
- b. Sculpture

3. ART, NATURAL

- a. Wood
- b. Other

4. ART, RECYCLED (Include a before picture)

- a. Clothing
- b. Household
- c. Other

5. BASKETRY

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

6. BEADING

- a. Bead Weaving
- b. Non-jewelry Item/Wearable
- c. Miscellaneous

7. CERAMICS

- a. Hand-formed
- b. Molded
- c. Pre-made

8. COUNTED CROSS STITCH

- a. 14 Count & Under
- b. 16-22 Count
- c. Specialty Cloth (linens, etc.)

9. CROCHET

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans
- d. Thread

10. DOLL/TOY MAKING

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/China

11. DRAWING

- a. Pastels
- b. Pen and Ink
- c. Pen and Ink with Oil Roughing
- d. Pencil or Charcoal-Black
- e. Pencil-Color

12. EMBROIDERY

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Chicken Scratch
- j. Punch Needle (under 60" perimeter)
- k. Miscellaneous

13. FELTING*

- a. Needle Method
- b. Wet Method

14. HOLIDAY DECORATIONS

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND – with knitting needles)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER – machine / loom)

18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY (mounted or framed) **

- a. Black & White
- b. Color

22. QUILTS***

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)

22. QUILTS*** (continued)

- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking****

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle, rug (over 60" perimeter)
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other
- c. Diamond Art Mosaic

26. WEAVING

- a. Hand (macrame, caning)
- b. Loom (includes pin weaving)

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

CULTURAL ARTS AND HERITAGE

CULTURAL ARTS EXHIBIT

Criteria for Judging:

- A. Three-dimensional art, decorative painting, drawing, art painting, and ceramics.
 - 1) Originality
 - 2) Artistic promise
 - 3) Technique
 - 4) Composition
- B. Apparel, basketry, beading, counted cross stitch, crochet, embroidery, felting, holiday decorations, jewelry, knitting, natural art, needlepoint, pillows, quilts, recycled art, rug making, toy/doll making, wall or door hanging, weaving, and miscellaneous.
 - 1) Originality
 - 2) Workmanship
 - 3) Color harmony
 - 4) Beauty of design
 - 5) General appearance.
- C. Photography
 - 1) Originality
 - 2) Content
 - 3) Clarity
 - 4) Technical competence
 - 5) Composition
- D. Scrapbooking — Please indicate page(s) to be judged if entire scrapbook is sent. Contest is limited to one-page and two-page layouts only.
 - 1) Balance and symmetry
 - 2) Color coordination
 - 3) Quality of photography
 - 4) Use of space
 - 5) Neatness
 - 6) Lettering
 - 7) Journaling
 - 8) Use of embellishment
 - 9) Does it tell a story

**KEHA Cultural Arts & Heritage
Clarifications to Cultural Arts Exhibit RIBBON Procedures**

2024 – 2025 CATEGORIES and SUBCATEGORIES

- There are 27 CATEGORIES (for 2024 – 2025)
 - 25 of the 27 Categories also include Subcategories
 - **TOTAL of 97 Category/Subcategory designations**
- Qualified entries should be placed in the *most appropriate* Category/Subcategory
 - Entries advancing to the next level (County to Area; Area to State) should remain in the same, appropriate Category/Subcategory the entire time

RIBBONS (suggested recognitions)

- Blue = 1st Place
- Red = 2nd place (*optional at the County and Area levels; not used at the State level*)
- White = 3rd place (*optional at the County and Area levels; not used at the State level*)
- Purple = “Best of” (*optional at the County and Area levels; 27 awarded at the State level*)

At the COUNTY LEVEL

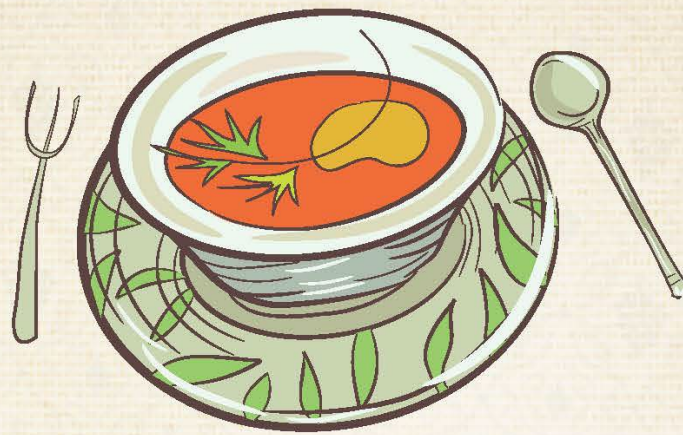
- COUNTIES may award ribbons in Categories/Subcategories AS THEY SEE FIT
- County Judges should select only **ONE** top-winning entry from **EACH** of the **97 Categories/Subcategories** at the **COUNTY** Level to advance to the **AREA LEVEL** Cultural Arts Exhibit
 - Only **ONE** item from each of the **97 Subcategories** advances from the COUNTY Level to the AREA Level

At the AREA LEVEL

- AREAS may award ribbons in Categories/Subcategories AS THEY SEE FIT
- Area Judges should select only **ONE** top-winning entry from **EACH** of the **97 Categories/Subcategories** at the **AREA** Level to advance to the **STATE LEVEL** Cultural Arts Exhibit
 - Only **ONE** item from each of the **97 Subcategories** advances from the AREA Level to the STATE Level

At the STATE LEVEL

- State Exhibit receives up to 97 items from each of the 14 Areas (up to 1,372 entries)
- State Judges award **BLUE RIBBONS** for what they deem the highest quality work
 - may award as many Blue Ribbons per Category/Subcategory as they see fit
 - *Red Ribbons and White Ribbons are not awarded at the State Level*
- **PURPLE RIBBONS** are awarded to **ONE ITEM** within each the **27 Categories**
 - A State Purple Ribbon item is chosen from a State Blue Ribbon winner
 - Purple Ribbons are *not awarded by Subcategory* at the STATE LEVEL



PLEASE JOIN US FOR

Breaking Bread, Making Friends

OUR ANNUAL INTERNATIONAL DINNER

TUESDAY, MARCH 25, 2025 AT 6:00 PM

BOYLE COUNTY HOMEMAKERS (KEHA)

Please RSVP by March 4th to
rosemeberle@gmail.com or
Call Joyce at (859) 583-5853

LIVING WELL *calendar*

31 Ways to Live Well during
Living Well Month



MARCH 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
Volunteer one hour of your time to help someone else (ex. moving furniture, cooking, cleaning, etc.)

8
Give 3 compliments today

15
Be a role model for those around you. Let them see you making healthy choices and encourage them to do the same

22
Nurture your spiritual wellness. Ask yourself what values are most important to you

29
Schedule any doctors visits, exams, or check ups that you have been putting off

7
Swap one sugar sweetened drink for water

14
Be well at work - Set goals for your career and start taking steps to achieve them

21
Find an opportunity to appreciate nature today

28
Have a plant-based meal today

6
Take 5 minutes to do some flexibility exercises

13
Reach out to someone you care about. Make a date to get together

20
Declutter, donate, and recycle things you don't need or use anymore

27
Make a budget for April. If needed, talk to a financial advisor to get started

5
Try a new vegetable today or try a familiar vegetable in a new way

12
Be aware of your feelings. Express them to people you trust

19
Practice and say out loud 5 positive affirmations (ex. I am strong, I am brave, I am smart, I am loved, etc.)

26
Get outside and soak up some vitamin D. Find a park or trail and take a walk

4
Have a meal that includes 3 of the 5 food groups (fruit, veggie, grain, dairy, protein)

11
Do some research to learn about a culture that is different than yours

18
Forgive someone who has wronged you

25
Instead of watching a 30 min show tonight, listen to a 30 min educational podcast or watch a Ted Talk

3
Explore ways to save for your future, whether it be a piggy bank, savings account, or other investment

10
Do 10 body-weight squats and 10 jumping jacks

17
Find a book to read and read 1 chapter today

24
Take a mental health break at work and go for a walk outside or in the hallways

2
Practice being still for 5 minutes today (Try out some breathing exercises)

9
Write down 5 blessings or things you are grateful for

16
Explore public events in your community and discover ways to get involved

23
Do 10 pushups (or modified pushups) and 10 sit-ups today

30
Bring a homemade lunch to work today rather than buying fast food

31
Have dinner with your family, friend, or neighbor with no smart devices



Boyle County Homemaker's Calendar of Events

March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 *Unguild Quilters- 9:00a-BCEO	5 *Lancaster Rd Hmkers-RADON MEETING-10:30a -BCEO	6 *Wilderness Trail Hmkers-10:30a -BCEO	7	8
9	10	11	12 *76'ers Homemakers- 1:30p-BCEO	13	14	15 *UFO Day-10:30a- 4:00p-BCEO
16	17 *Exec Board Meet-12p *Cty. Council Meeting-1:00p	18 *Pieceable Friends- 6:00p-BCEO	19	20 *Unguild Quilters- 9:00a-BCEO	21	22
23	24 *Lesson Leader Training on "Pickleball" Mercer Cty-1p or YouTube	25 *County Cultural Arts Contest-9:30a *International Dinner-6:00p-BCEO	26	27	28	29 *Iron Tote/Mat Class- 10a-1p-BCEO
30	31					